

# ***Aroostook Residential Center (ARC)***

*Presque Isle, Maine*

## **ARC: Providing Quality Residential Care**

ARC seeks to support the ongoing community living of persons with mental retardation that present challenging behavior and have developmental difficulties.

ARC, located in Presque Isle, provides temporary (two beds) and long-term residential care (10 beds) to adults who have been living at home or in other facilities in the community. Behavioral adjustment difficulties, including behavior(s) that are self-injurious or directed towards others, are frequent reason for admission. Additionally, admissions are often made to provide care while linkage to or development of necessary community services are completed. Persons who have been diagnosed with both mental retardation and mental health issues can receive services at ARC.

ARC works with the crisis services of Behavioral and Developmental Services (BDS) and the emergency services providers in the community in order to quickly provide a living arrangement for persons with eminent emergency and behavioral needs. These close working relationships include Aroostook Mental Health Center Emergency Services, and the Aroostook Medical Center Psychiatric Inpatient Unit and Outpatient Services, and the BDS Region III Mental Retardation Crisis Team.

ARC experiences between 5 and 20 admissions each year. This rate is highly dependent on the amount of time needed to treat the behavior issue, or the length of time to develop a new highly specialized placement for

the individual.

The unique intensive support for individuals residing at the center is designed to help them move to permanent homes. For example, the latest person to leave ARC was admitted from a psychiatric inpatient unit and stayed until medication and dietary stabilization were completed. Today, this person lives in a small home and their complicated medication and dietary regimens are well maintained with the consultation from ARC staff. The most recent admission to ARC is a person who is a fragile diabetic and has extensive behavioral challenges. This individual will also be ready to move to a permanent home after receiving care from ARC.

*For more information about BDS visit: [www.state.me.us/bds/](http://www.state.me.us/bds/)*



State of Maine  
Department of Behavioral  
and Developmental Services

Lynn F. Duby, Commissioner

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